

# What You Will Need

## Ingredients:

### *Farmers' Market Stir Fry*

Vegetable oil

Chopped garlic, optional

Vegetables:

Carrots

Onion

Broccoli

Cauliflower

Celery

Yellow squash

Low-sodium soy sauce

Zucchini

Sweet potato

Peas

Cabbage

Red or green pepper

## Serving suggestion:

Serve over cooked rice, or rolled in a tortilla!

## Equipment:

Electric skillet or wok

Measuring spoons

Cutting board

Knife

Measuring cup

Wooden spoon

Serving spoon

Small paper plates

Plastic forks

Paper napkins

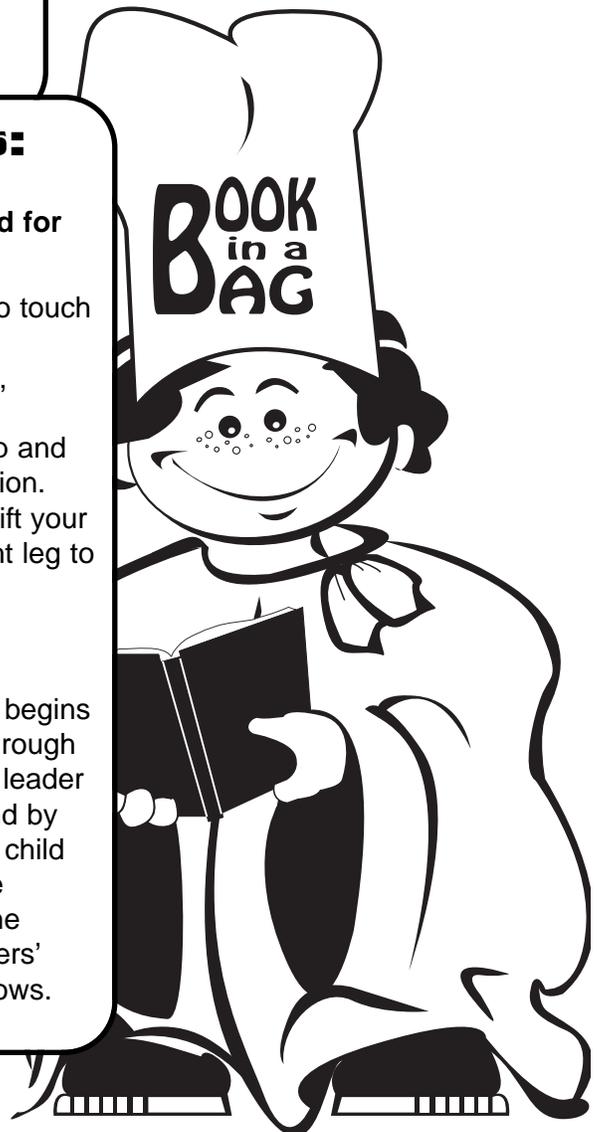
## Other Possible Activities:

### Fruit and Vegetable Stretches—from “Nutrition: Good for You!”

- Tomato Stretch: Stand and slowly bend forward to touch your toes.
- Peachy Reach Stretch: Stretch one hand upward, followed by the opposite hand.
- Stretchin' Strawberry: Place one hand on your hip and stretch with the opposite hand to the same direction.
- Broccoli Bump: Perform the traditional bump, or lift your left leg to your right elbow. Alternate by lifting right leg to left elbow.

### Farmers' Market March:

Group forms a circle facing toward the center. Everyone begins marching in place, and the leader says: “I’m marching through the Farmers’ Market and what do I see? I see a ...” The leader fills in a fruit or vegetable name, and the children respond by repeating “A zucchini!” or whatever the leader said. One child then takes a turn and repeats, “I’m marching through the Farmers’ Market and I see a zucchini and a...potato!” The children take turns listing possible items seen at a Farmers’ Market while continuing to march as the repeated list grows.



# Farmers' Market Stir Fry

1. Heat electric skillet or wok.
2. Add 1 tablespoon vegetable oil.
3. If desired, stir in 1 teaspoon chopped garlic.
4. Add 3 to 4 cups prepared vegetables. Choose a variety of vegetables that have been washed and diced, sliced or chopped.

Suggested choices: carrots\*, onion, broccoli, cauliflower, celery, yellow squash, zucchini, sweet potato\*, peas, cabbage, green or red pepper.

5. Add 1 to 2 tablespoons low-sodium soy sauce if desired.
6. Stir constantly for 5 to 7 minutes or until vegetables are tender but firm.
7. Serve as is, or over rice, or rolled in a tortilla!
8. Refrigerate leftovers.

*\*For successful stir-frying, be sure to add "hard vegetables" such as carrots, sweet potato or broccoli stems as the first ingredients to be cooked. Small, uniform pieces such as matchstick-size or thin slices will help with even, quick cooking.*



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## Nutrition Facts

Serving Size (59g)		Servings Per Container 8	
<b>Amount Per Serving</b>		<b>Calories from Fat 15</b>	
<b>Calories</b> 30			
<b>% Daily Value*</b>			
<b>Total Fat</b> 2g	3%		
Saturated Fat 0g	0%		
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 15mg	1%		
<b>Total Carbohydrate</b> 4g	1%		
Dietary Fiber 1g	5%		
Sugars 1g			
<b>Protein</b> 1g			
Vitamin A 70%	•	Vitamin C 80%	
Calcium 2%	•	Iron 2%	

\*Percent Daily Values are based on a 2,000 calorie diet.